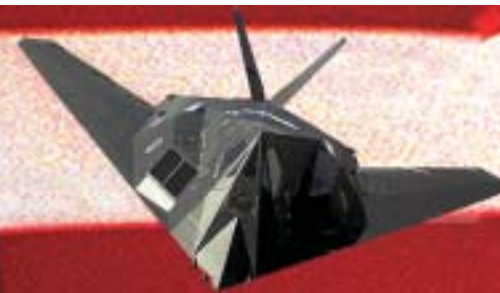


Sunburst

Vol. 48 No. 14

Serving the Holloman Air Force Base, N.M. community

Friday, April 8, 2005



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49th Fighter Wing Anti-terrorism Office captures Air Combat Command award.

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The Base Library has earned the prestigious 5-star rating for two years in a row.

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The countdown is on...

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Days until the Operational Readiness Inspection May 15.

Test track rockets into the future

by Airman 1st Class

Stephen Collier

49th Fighter Wing Public Affairs

The 846th Test Squadron fired another sled down their high-speed test track Tuesday. This mission helped to send the squadron into the future of high-speed testing with the advent of Magnetic Levitation.

The Holloman High-Speed Test Track successfully launched its first public viewing of their Maglev sled track in which the sled was rocketed 600 feet at 250 mph.

First Lt. Christopher McGaha, 846th TS Maglev representative, said the test was a complete success.

"Today's test refined the magnetic levitation capability of our Maglev sled track," Lieutenant McGaha said. "The test also validated the accuracy of our model used to predict sled velocity and distance."

The Maglev system uses reversed magnetism to "float" a sled on air while its rocket power propels it to high speeds.

According to Lieutenant McGaha, the test also validated the accuracy of our model used to predict sled velocity and distance.

The track, in development since 1994, will provide a low vibration environment for payloads that will be launched between Mach one and Mach 10, or 10 times the speed of sound.

Lieutenant McGaha said the \$90.6 million track will complement the existing railed track by being able to test different classes of test items.

"This system will eventually bring more testing to the 46th Test Group and will reduce the risk for many Department of Defense weapons development programs," he said. "Any

see MAGLEV on Page 2



Photo by Ellis Neel

John Fuentesilla, left, and Dean Morris, right, mechanical technicians for General Atomics out of San Diego, Calif., open the top of the U.S. Air Force's magnetic levitation sled to extract data following a check-out test at the Test Track April 5. The test lasted just over one second and the sled, powered by three HVAR (High Velocity Aerial Rocket) motors, reached peak velocity of 350 feet-per-second (225mph) in less than a second and traveled more than 600 feet before coming to a stop.



Photo by Senior Airman Vanessa LaBoy

Back to basics

An Airman demonstrates the proper protocol when passing a staff car with a general officer inside. At all bases, military members as pedestrians are required to salute staff cars when there's an occupant inside the car. As a rule, staff cars are painted Air Force blue and marked with an eagle, indicating the rank of colonel, or one or more stars, indicating the rank of a general officer, on a placard on the vehicle's front bumper.

MAGLEV *Continued from Page 1*

problems with sensitive equipment will now be found during ground testing, helping to lessen our reliance on expensive, high-risk flight tests."

Because of its reduced vibrations, the Maglev system will allow for delicate electronic system tests, including fuses and sensors for Air Force and Navy missile systems as well as launch assist systems for NASA.

The track, scheduled to be used operationally for the first time in 2011, will also be able to support testing on America's next generation aircraft engine, the Scramjet, which will be used at high

speeds where it will be most effective.

According to Lt. Col. Russell Kurtz, 846th TS commander, the Maglev track will save taxpayers money because it's cheaper than full-up flight testing.

"Maglev is a great addition to the Holloman High-Speed Test Track," Colonel Kurtz said. "For the first time, we'll be able to reproduce airborne tests at the ground level. This is an amazing, world-unique achievement for the squadron."

Together with the Maglev system, the squadron is also the DoD's "center of expertise" for all ejection seat testing and the lead facility for all supersonic tracks.

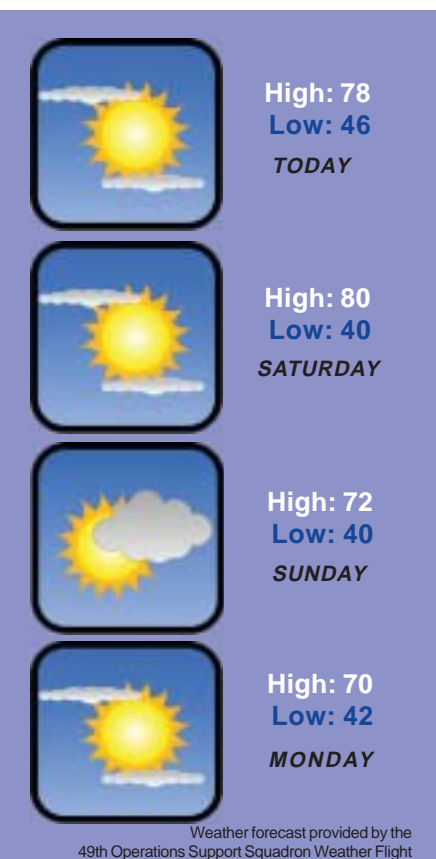
Holloman Hotline

572-7500

The Hotline is your direct link to the 49th Fighter Wing commander.

If you've tried to solve the problem yourself and haven't been able to get results, call 572-7500 or e-mail cc.hotline@holloman.af.mil. Before submitting a Hotline, please give the appropriate agencies a chance to work out the problem.

Housing office2-3981
Housing maintenance2-7901
Medical clinic2-7913/5447
Finance2-5107
Services2-3528
Commissary2-5127
Fraud, waste and abuse2-3713
BX479-6164



DUI Update

Days since last DUI **32**
DUIs this year **11**
This week last year **18**

Last six DUIs

- 49 MXS Jan. 21
- 49 OG Feb. 11
- 49 CES Feb. 12
- 49 CS Feb. 14
- 49 CES Feb. 22
- GAF March 7

572-RIDE works!

Calls made are lives saved

425 Saves this year
32 Saves this week



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1st Lt. Vincent King Public Affairs deputy director
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Senior Airman Vanessa LaBoy Editor
Ms. Laura Hunt..... Copy editor

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3



The 49th Security Forces Squadron handled the following incidents from March 29 to Monday.

Security forces issued 4 tickets: one for failure to stop, one for operating an unsafe vehicle, one for unsigned registration and one for larceny.

Patrol response

- March 30: A family member was detained for shoplifting at the base exchange.

- April 2: An Airman reported loud music coming from a room in dorm 331.

- April 1: An NCO reported an Airman was extremely intoxicated and belligerent at the Holloman Inn. Security forces determined the Airman was not belligerent, but due to his level of intoxication, he was detained for his personal safety.

- April 1: An anonymous caller reported a fight in the enlisted club. Two Airman were apprehended for drunk and disorderly conduct.

Property loss, damage or theft

- March 29: An Airman reported her privately owned vehicle was damaged in the building 29 parking lot.

- March 30: An NCO reported his motorcycle was damaged on Griffin Court. It was knocked down by the wind.

- March 31: A civilian re-

ported a white trailer was missing from the 49th Civil Engineer Squadron compound. The civilian said he had possibly last seen the trailer being towed by a green pickup heading north on highway 70.

- April 2: A civilian reported a housekeeper's closet door was damaged at the Holloman Inn. One of the housekeepers tried to open the door and it wouldn't open. When she pushed on it she noticed the damage.

- April 1: There was a minor accident between two government-owned vehicles near building 1166. One vehicle hit the other while backing up.

- April 4: A civilian reported a table was stolen from the officer's club on April 1.

ID cards

If personnel have a military issued identification card stolen or lost, or a DD Form 2220 stolen from a vehicle or missing from the squadron's inventory, report it to the security forces squadron by calling 572-7171 immediately.

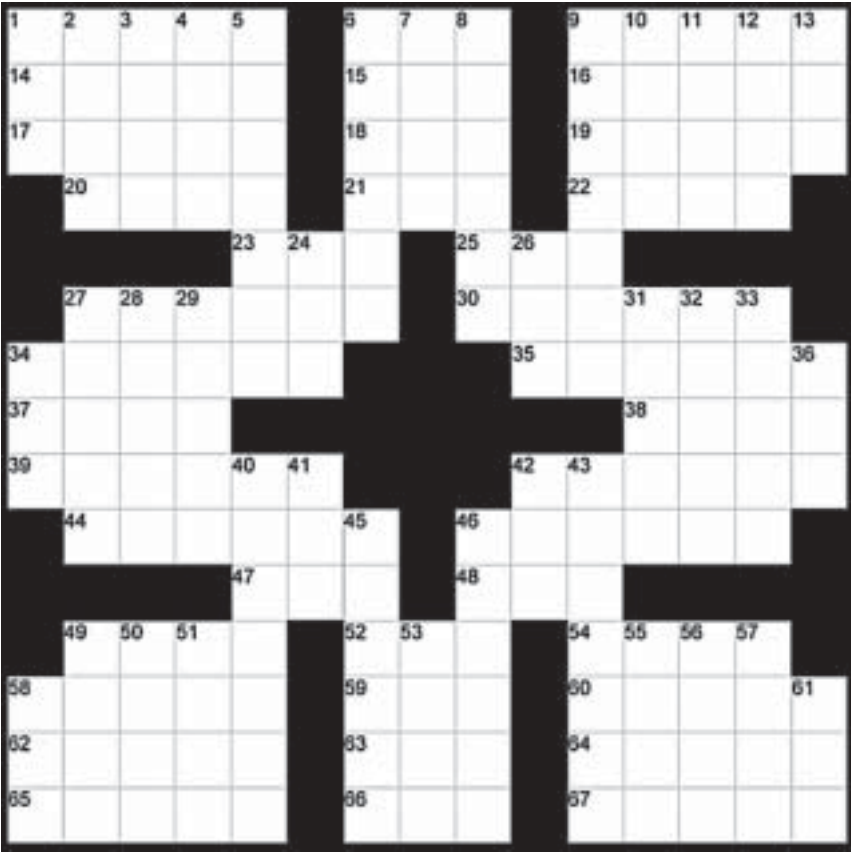
If you have any information concerning any of these incidents, contact security forces at 572-7171 or your first sergeant. For the Crime Stop Help Line, please contact security forces at 572-1100 or dial 911.

Airman Medal of Honor heroes

- ACROSS
1. Kingdom
6. _ _ _ carte; separate menu items
9. Castle savers
14. Ancient Mexican
15. ____ Abner
16. White heron
17. False
18. *Mork & Mindy* actress Dauber
19. Tribulation
20. Aleutian Island occupied by Japan in WWII
21. Health org.
22. Ambition
23. USAF reservist, in short
25. Christmas egg drink
27. Rubbernecks
30. Goals
34. Ancient Hebrew coin
35. Run an ____; perform a task
37. Henry VIII's last wife Catherine
38. Cultivated
39. Quiver fillers
42. Adage
44. American frontiersman, folk hero Boone
46. Complemented
47. Mekong Delta inhabitant

48. USAF E-2
49. Assignment
52. USA ally during Vietnam conflict
54. Info
58. Sauce or pepper starter
59. Pipe bomb, etc., in short
60. Sink heavily
62. Hall of Fame pitcher Ryan
63. Gun lobby
64. Beauty product maker ____ Lauder
65. Replaces
66. Woman
67. MOH recipient Capt. Gerald O. ____
- DOWN
1. Naive
2. American writer Pound
3. One small child (two words)
4. Christian season of fasting
5. MOH recipient Maj. Thomas B. ____, Jr.
6. First letters of Greek alphabet
7. Actor Neeson
8. ____ Joy candy bar
9. MOH recipient 2d. Lt. William E. ____, Jr.
10. Shrek was one
11. Opera highlight

12. Short-necked freshwater ducks
13. A MO airport code
24. Bugs Bunny voice Blanc
26. Mining result
27. Glass splinter
28. ____ cotta; ceramic wares
29. Ohio city
31. Lingo
32. Homer's wife
33. Golfer Sam
34. Health resort
36. An OK airport code
40. MOH recipient Maj. Raymond H. ____
41. Ocean part
42. Chinese dish dim ____
43. MOH recipient Capt. Darrell R. ____
45. MOH recipient Maj. Charles J. ____, Jr.
46. Summer foot wear
49. Holier-than-____; superior attitude
50. Hurts



51. Wing's leading edge movable, auxiliary airfoil
53. Designer Wang
55. Too
56. Nobel Peace Prize winner
- Desmond
57. Prayer ender
58. CSAF naval equivalent
61. Wooden pin
- Answers on page 17

Stop the abuse

by Ms. Laura Hunt
Sunburst copy editor

There are approximately three million cases of child abuse or neglect reported in the United States annually. About 1,300 children die every year as a result of that abuse and neglect.

The Family Advocacy Program, in support of Child Abuse Prevention Month, in April, seeks to alleviate the occurrence of child abuse by bringing awareness to the issues.

"Child abuse, whether it is physical abuse, emotional abuse or neglect, has a significant impact on a child's mental well-being," said Mr. Geoff Hollenbach, Family Advocacy outreach manager. "It is detrimental to a child's positive, healthy growth."

Sometimes, violence toward children is the result of an outburst of anger due to stress, Mr. Hollenbach said. A parent ends up hitting a child too hard or too many times. In other situations, abuse is used constantly to control and discipline a child.

"When parents use abuse as a method of controlling their child, they often have the belief that children are property, that they need to be toughened up," Mr. Hollenbach said. "That's just not true. You don't have to hit a child so hard you leave a mark; you don't have to have discipline turn into abuse in order to control kids. There are more effective means of positive parenting out there."

Mr. Hollenbach stressed that child abuse isn't just a family problem, it's a societal problem.

"We want our kids to be our future leaders and be healthy and productive members of society," he said. "We don't want them to learn violence and pass that on to another generation."

As part of its ongoing commitment to prevention and awareness, the Family Advoca-



Graphic by Airman 1st Class Tyler Moore

cacy Program also offers tips on how to recognize abuse and neglect.

Indicators of physical abuse:

- Unexplained bruises, scratches or welts may often be found on the face, torso, back, thighs and buttocks.
- Injuries can reflect the pattern of the object used – like a spoon, shoe, belt or belt buckle.
- A child has an apparent fear of a parent or caretaker.
- A child requests or feels deserving of punishment.
- A child is afraid to go home and wants to stay longer at school or day care.

Indicators of emotional abuse:

- Panic or anxiety disorders.
- Psycho-somatic complaints.
- Crying or withdrawal.

Indicators of child neglect:

- Height and weight are significantly below age level.
- Inappropriate clothing for weather is worn.
- Child is abandoned or left without adequate supervision.
- Untreated illness or injury.
- Poor attendance at school.
- Stealing or begging for food.

Indicators of sexual abuse:

- Sexual knowledge or be-

havior beyond age level.

- Sudden avoidance of certain familiar adults.
- Anger, guilt, shame, depression and low self-worth.

How to report child abuse or neglect:

- Contact local law enforcement: police department, social services or county sheriff's department.
- Call the National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453).
- All calls can be anonymous.
- Additional information about assistance, personal rights and safety can be accessed by contacting the Family Advocacy Staff at 572-7061.

On the side

Child Abuse Prevention Month events:

- Kids' Fest: 5 to 7 p.m., April 29 at the Youth and Teen Center. There will be educational displays and games and activities. The focus will be on child safety and building strong families.
- Car seat safety check: noon to 4 p.m., April 29 in the building 790 (child development center) parking lot.

International affairs cadre to build global relations

Air Force officials will begin training more than 100 officers this spring to become international affairs specialists in a managed secondary career path.

Ultimately, as many as 3,000 officers will form a pool of experts in regional, political and military affairs who will advise combatant commanders worldwide, officials said.

The first group of field grade officers, selected between now and summer, will enter formal training in the summer of 2006. The following year, Air Force officials will select and train more than 150 officers, then 210 each year until a pool of 2,500 to 3,000 specialists is filled, officials said. The goal is to use that pool to fill about 650 positions with reoccurring requirements.

"The international affairs skills set is viewed as core competencies in the military," said Col. Robert Sarnoski, Air Force international Airmen division chief. "They're just as important as the weapon systems we field today."

The Air Force's initiative enhances expeditionary capability by developing regional and international expertise, cultural sensitivity and language skills allowing Airmen to build, sustain or enhance relations with international partners.

Colonel Sarnoski, a former defense attaché in Bangkok, Thailand, who is fluent in Thai, put his skills to use following the Sept. 11 attacks by helping Thai officials integrate into operations Iraqi Freedom and Enduring Freedom coalition forces.

"Senior leaders have asked for this program because they want and need officers with political-military experience," Colonel Sarnoski said.

The new program is tied directly to the new force-development program. Selected officers may receive additional university education, language training and cultural immersion to prepare them for the positions they will fill in the field, officials said. Officers will

be designated on one of two secondary Air Force career tracks — the regional affairs strategist or political-military affairs strategist.

Regional affairs strategists will advise commanders and senior leaders on regional issues, interacting with foreign counterparts to work political-military issues and develop reliable international relationships, developing aspects of operational and contingency plans, and working security cooperation initiatives to enhance international relationships.

Political military affairs strategists have similar duties, but these positions need international political-military expertise without necessarily requiring language skills.

"The career path complements an officer's overall career development with international affairs experience that contributes to success in the primary career field," said Bruce S. Lemkin, deputy undersecretary of the Air Force for international affairs. "We need officers with these skills in our expeditionary air and space force, leading our regionally focused missions and contingency deployments and successfully interacting with our allies, friends and partners around the world."

Officers with a strong track record and in-depth understanding and experience in Air Force operations, doctrine and strategy will be selected at the seven- to 12-year point of their career for these opportunities, officials said. Air Force officials said they will highly consider officers with operational and maintenance backgrounds, as well as those with previously developed international skills.

"A key aspect of this program is balancing between the IAS career path and the officer's primary career specialty," Mr. Lemkin said. "Consistent with the Air Force's force-development concept, we are committed to keeping these officers proficient and competitive in their primary career field while making them international affairs experts." (AFPN)

7

Base-wide effort wins HAFB ACC Anti-terrorism Award

by Ms. Laura Hunt
Sunburst copy editor

The 49th Fighter Wing Anti-terrorism Office recently won the Air Combat Command Best Anti-terrorism Program, installation level, for 2004.

Master Sgt. Jay Lockwood, Anti-terrorism NCO in charge, said one of the most significant projects the office worked on was the dormitory landscape barrier project.

"We financed that project for about \$1.2 million to ensure that our dorm residents were all safe against any possible encroachments, such as vehicle bombs or other threats," Sergeant Lockwood said.

When the barrier project began in 2003, the antiterrorism office got together with the 49th Civil Engineer Squadron to develop a plan, decide which other

facilities would be included and where entrances for fire and emergency vehicles would be.

In the end, the landscape barrier concept was adapted to several buildings, such as the 49th

temporary barriers.

According to the award submission by Brig. Gen. Kurt Cichowski, the antiterrorism office implemented several other projects and programs to ensure the safety and mission capability of Holloman.

"Ultimately, these programs provide protection for more than 18,000 personnel, 1,348 family units, three local schools and numerous other facilities that support both work and leisure activities," General Cichowski said.

Sergeant Lockwood said this award isn't just about recognizing the antiterrorism office, which includes himself and Mr. Phillip Jones, Antiterrorism chief.

"In our opinion, this award is for the whole base," Sergeant Lockwood said. "This award shows that everyone did their part to help bolster the security of the base."

"This award shows that everyone did their part to help bolster the security of the base."

Master Sgt. Jay Lockwood
Anti-terrorism NCO in charge

Security Forces Squadron, the 8th and 9th Fighter Squadrons and the 49th Operations Support Squadron.

The permanent barriers replaced more than 600 temporary concrete barriers around the dormitories and reduced the number of man hours spent taking down and putting up the

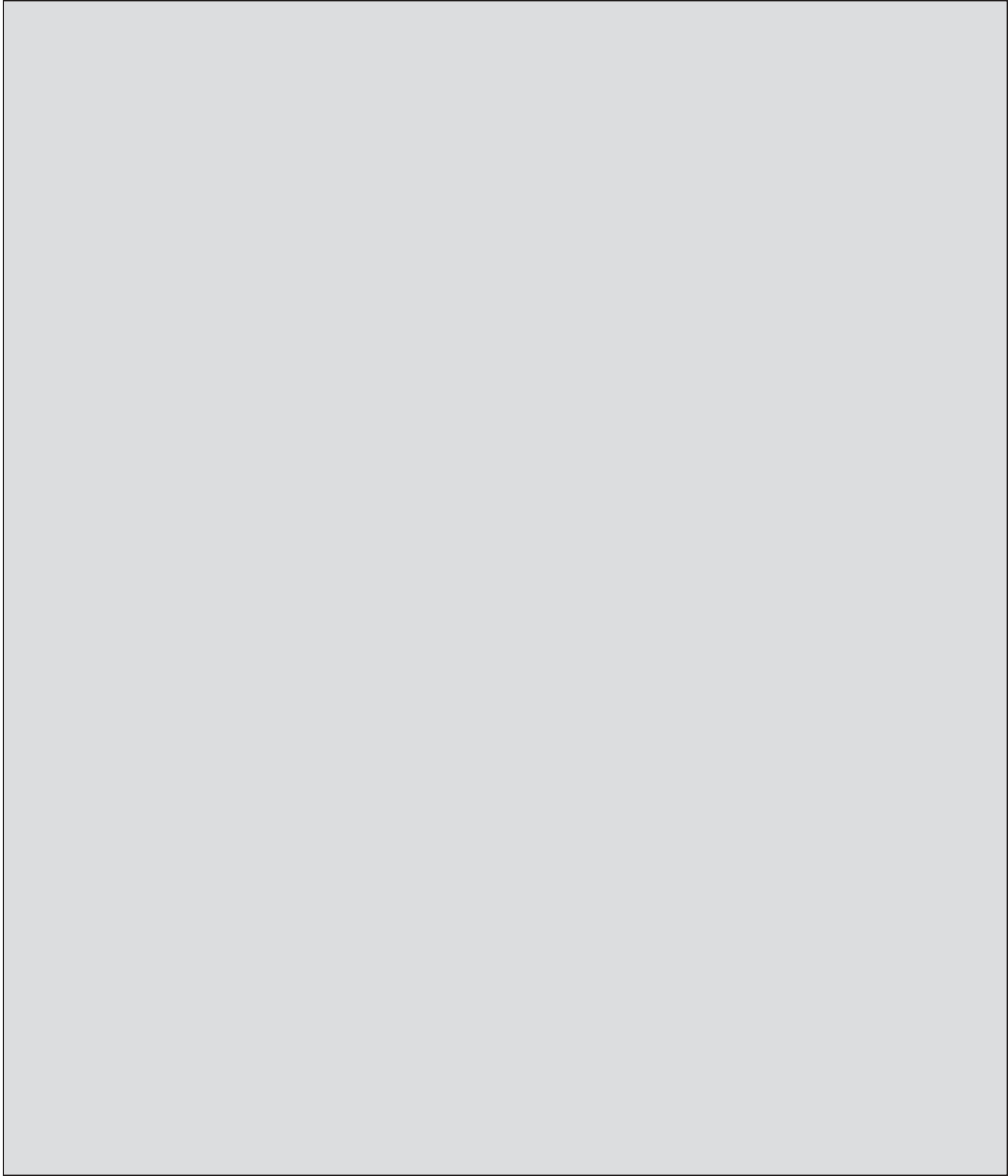


Photo by Airman 1st Class Jessica Thornton

MXG welcomes new commander

Brig. Gen. Kurt Cichowski, 49th Fighter Wing commander, passes the 49th Maintenance Group flag to its new commander, Col. Gary Bryson. Colonel Bryson assumed command of the 49th MXG during a ceremony here Tuesday. The 49th MXG gave a final salute to their former commander, Col. Patricia Ridgway, who will take command of the 51st Maintenance Group, Osan Air Base, Korea. Prior to taking command of the 49th MXG, Colonel Bryson was assigned to the Air Combat Command Logistics Directorate Chief Munitions Division, Langley Air Force Base, Va.

8



Air show shuttle schedule

Green shuttle: Bus will stop at: (1) Santa Fe Drive/S. Curry Circle, (2) Santa Fe Drive/N Curry Circle, (3) Santa Fe Drive/Eddy Loop and Mora Loop, (4) Santa Fe Drive/Taos Loop, (5) Santa Fe Drive/San Miguel Loop and Guadalupe Place, (6) Santa Fe Drive/Valencia Drive and (7) Santa Fe Drive/Yucca Avenue.

Orange shuttle: Bus will stop at: (1) Andrews Drive/Griffis Court, (2) Andrews Drive/Keesler Court, (3) Andrews Drive/Langley Court, (4) Andrews Drive/Bernalillo Court, (5) Andrews Drive/Mesquite Road, (6) Andrews Drive/Griffis Court, (7) Boeing/Hanscom, (8) Boeing/Turner, (9) Boeing/Edwards, (10)



Boeing/Patrick Avenue, (11) Patrick/Lockhead Avenue, (12) Fairchild Drive/Hildalgo Loop, (13) Fairchild Drive/Hildalgo Loop and Luna Loop, (14) Fairchild Drive/Luna Loop and Otero Loop, (15) Fairchild Drive/Otero Loop and Sierra Loop, (16) Fairchild Drive/Sierra Loop, (17) Fairchild Drive/Torrance Loop, and (18) Mesquite Road/Quay Loop.



April 17, 2005 - Gates open at 8:30 a.m.
Visit our website at www.holloman.af.mil/airshow2005

Blue shuttle: Bus will stop at: (1) Cliffrose Street/Agave Court, (2) Cliffrose Street/Honey Locust Court, (3) Chitalpa Street/Senna Court, (4) Chitalpa Street/Grama Court, (5) Chitalpa Street/Bufalo Grass Court, (6) Sumac Street/Pricklypear Court, (7) Patterson Avenue/De Baca Place and Dona Ana

Loop, (8) Patterson Avenue/Dona Ana Place and Dona Ana Loop, (9) Patterson Avenue/Travis Place and Travis Loop, (10) Patterson Avenue/San Juan Loop, (11) Arriba Drive/Sacramento Court, (12) Arriba Drive/Sandoval Loop, (13) Mesquite Road/Travis Loop.



Senior Airman Jamie Higgins

49th Aircraft Maintenance Squadron

Duty title: Support section tech

Time in service: Three years, six months

Time at Holloman: Three years

Hometown: Strongville, Ohio

Personal and Career goals: My personal and career goals are to obtain an associate's degree in aircraft armament systems and become a non-commissioned officer in the U.S. Air Force.

Why is serving in the Air Force important to you?

Serving in the Air Force is important to me because I am part of the fight for freedom that gives the American people the right to make their own decisions and allows them freedom of speech.

I am proud to know that someday my son will enjoy the freedom that I helped provide for the American people.

What accomplishment during your Air Force career are you most proud of?

I am proud that I was a part of the F-117A Nighthawk Foul Eagle Exercise that turned into Operation Enduring Freedom and I was selected for senior airman below the zone in front of my peers.

Core value portrayed "Excellence in all we do":

"Airman Higgins single-handedly set up the new LMR program providing the 9th Aircraft Maintenance Unit with 30 new serviceable radios worth \$81,000. Airman Higgins ensured all personnel were trained on the new radios. The radios will improve flight line communication and production ensuring mission accomplishment. Airman Higgins' stringent attention to detail is an example for all to follow."

– Lt. Col. Cedric George
49th AMXS commander



Photo by Senior Airman Vanessa LaBoy

The Holloman Hero submission form is available online. It can be downloaded at: https://www.mil.holloman.af.mil/wing/49FW_PA/internal.html



Photos by Senior Airman Jason Colbert

Holloman Library

Providing five-star service

by 2nd Lt. Melissa J. Stevens
49th Fighter Wing Public Affairs

The Holloman Library received its Air Combat Command five star rating for the second consecutive year.

"The five star rating is based on established criteria," said Ms. Marie Ludwig, a reference librarian. "Each ACC library is graded annually based on five categories and we have to meet those criteria to receive the rating."

Ms. Ludwig said one of the criterion was they must have a summer reading program.

This summer the library will host a four-week program that kicks off July 11 and will last until Aug. 5. The theme is "Talking Books."

She said the program is intended to educate students on the many types of books there are, including Braille books and audio books. Last summer more than 250 students participated in the summer reading program.

Another event the library is hosting is in relation to National Library Week, which runs from April 11 to 15. From 11 a.m. to 3 p.m., Tuesday, the library will have an open house and will serve refresh-

Library Hours:

- Monday to Thursday: 11 a.m. to 8 p.m.
- Friday: 11 a.m. to 6 p.m.
- Saturday and Sunday: noon to 6 p.m.

ments and beverages to its patrons.

"It's our opportunity to thank our customers for using the library and helping to make it an enjoyable place for the community," Mr. Ludwig said.

The library is also highlighting April's Month of the Military Child. For this program, kids are invited to come by the library where they'll be given a sheet of paper that asks them to draw what they like about the library.

"We want kids to feel like they're contributing to the library," Ms. Ludwig said.

Once the kids turn the drawing back into the library, they are awarded a pin and a coupon for a free sundae. Ms. Ludwig said this offer will be available throughout the month of April.

The library affords its patrons nearly 40,000 titles to choose from, including a German selection, a young adult selection and a children's selection. There are also more than 3,800 videos and DVDs to choose from. Team Holloman members can check out these materials for free.

With more than 100,000 items checked out in 2004, Ms. Ludwig said Holloman patrons are what make the library as successful as it is.

"The most impressive thing is when we have a new customer that comes in from another base and they comment that this is one of the best libraries they've ever seen on a base," she said. "That's a compliment for us and the base, and it comes from the excellent support from the command."

Top left: Isabella Macdonald, 4, looks for a book in the library's children's section.

Center left: Staff Sgt. Marco Clauss and Staff Sgt. Jacek Hermann, German air force maintainers, study electronics at the library.

Bottom left: Ms. Kathy Hopkins, library clerk, reshelves a book.



Photos by Airman 1st Class Larry E. Reid Jr.

Keeping Holloman Intact



Airman 1st Class Maurice Magee smooths out plexiglass for a map frame.



Mr. Steven Wheat, 49th Civil Engineer Squadron Sheet Metal Mechanic, pours a rockite mixture into the crevice to even it out with the pavement.



Top: Airman 1st Class Keith Erickson-Moen, 49th Civil Engineer Squadron structures apprentice, prepares a paint mix for a ground project.

Left: Airman 1st Class Maurice Magee, 49th Civil Engineer Squadron structures apprentice, reshapes a piece of wood board for a map frame project.

Heating and A/C

The 49th Civil Engineer Squadron Heating, Ventilation and Air Conditioning section will begin startup of A/C systems on April 18 and will be completed by May 27. All A/C systems (other than military family housing) will be serviced and tested. Facilities are prioritized for startup in the following order: dormitories, office areas, industrial areas.

No requests or appointments are necessary as all facilities have already been identified and are tentatively scheduled. Facility managers will be notified when their individual systems have been started. Refrain from placing trouble calls until after your system has been activated.

For more information, call customer service at 572-3223 or 572-3224.

PA guard

The Pennsylvania Air National Guard is looking for pilots and navigators to perform as traditional guard, no-fly crew members for the 112th Air Operations Squadron in State College, Pa. Flight pay is available as well as flexible drill schedules.

For more information, call Master Sgt. Ken Stanton at (888) 640-9200 or visit www.112AOS.org

Mexico restrictions

The 49th Fighter Wing commander recommends that Team Holloman members not visit Nuevo Laredo, Mexico. Active-duty members traveling to Nuevo Laredo are encouraged to get a brief from OSI before going. Personnel traveling to Ciudad Juarez, Mexico, are advised to practice extra caution. This declaration is due to the State Department warning of excessive criminal activity and kidnappings along the Mexican border due to illegal drug trade.

For more information, call the U.S. Consulate in Ciudad Juarez, Mexico at

Chapel Services

Weekday Masses – 11:30 a.m., Monday, Wednesday, Thursday and Friday.

Sunday – Catholic Mass, 9 a.m. and 5 p.m.

- Sacrament of Penance, 4 p.m.

- General Protestant Worship Service, 11 a.m.

- Protestant Sunday School is 9:30 a.m. and Catholic Religious Education is 10:30 a.m., Sunday at Holloman Intermediate School.



Photo by Capt. Catie Hague

Just dropping in

Airman 1st Class Billy Hale (far right), 455th Expeditionary Logistics Readiness Squadron traffic management apprentice, ate dinner with First Lady Mrs. Laura Bush at Bagram Air Base, Afghanistan, March 30. Mrs. Bush spoke to military members about their contributions to the improvement of women's lives in Afghanistan. Airman Hale is deployed from the 49th Logistics Readiness Squadron.

(656)613-1655, or visit the State Department Web site at <http://travel.state.gov>.

Singing auditions

Auditions for National Anthem and special events singers are 8 a.m., April 21 at the base theater.

E-mail Master Sgt. Ray Greebon at lawrence.greebon@holloman.af.mil to submit your name, phone number and address. He will reply with audition times and additional information.

Audition Requirements: Uniform: duty uniform or comparable civilian attire. Be prepared to sing the first verse of the National Anthem sung acapella

Public meeting

There is a public meeting from 6 to 8 p.m., April 27 in the Alamogordo Civic Center, 800 East First Street. The meeting is an open house for information on the class III permit modification for the designation of seven solid waste management units and areas of concern as "approved for No Further Action" in Table B of the Hazardous and Solid Waste Amendments Module of the Resource Conservation and

Recovery (RCRA) Permit for Holloman Air Force Base. A copy of the request for permit modification and supporting documentation is available for public inspection at the Alamogordo Public Library.

A 60-day public comment period has been initiated with the publication of this notice. Comments on this request for permit modification will be accepted through June 1, 2005. Send comments to Mr. Dan Holmquist, 49CES/CEV, 550 Tabosa Ave., Holloman AFB, N.M., 88330 Ref: HAFB Permit Modification 2005 and John E. Keiling, Program Manager, Hazardous Waste Bureau – New Mexico Environment Department, 2905 Rodeo Park Drive East, Building 1, Santa Fe, N.M., 87505-6303, Ref: HAFB – Permit Modification 2005.

Maintenance class

Housing Maintenance, with assistance from Home Depot, is sponsoring a screwdriver maintenance class at the self-help store from 10 a.m. to 1 p.m., Saturday. The class is open to all residents who live in military family housing. There will also be a workshop available for children ages 4 to 13 by Home Depot.

There will be licensed supervision for the younger children while the parents attend the class.

Sign up at the self-help store, building 2395, housing maintenance, building 93, or at the housing office, building 71.

There will be a raffle for gifts after the class. For the attendees, there will be hot dogs and sodas. In addition, the first batch of flowers will be available for issue right after the maintenance class has concluded.

For more information or to sign up by phone, call 572-5784.

On the BIG SCREEN

Man of the House (PG-13)

6 p.m., today

The Pacifier (PG)

6 and 9 p.m., Saturday

Cursed (PG-13)

6 p.m., Sunday

Alamogordo theater

The Alamogordo Community Theater production of “The Little Shop of Horrors” is 7:30 p.m., today, Saturday and April 15 and 16 and at 2 p.m., Sunday.

The tickets are \$7 per person.

Gus Macker

The Gus Macker basketball tournament is May 20 to 22 at the Riner Steinhoff Soccer Complex Parking Lot in Alamogordo.

Jesus Jam

There is a Jesus Jam Event to honor our troops and their families at 7:30 p.m. on the National Day of Prayer, May 5, at the Flickinger Theater.

For more information, call 434-5338.

Cherry festival

The 2005 High Rolls Cherry Festival is 9 a.m. to 5 p.m. June

18 and 19 at the High Rolls Community Center. There will be local cherries, over 60 arts/crafts vendors, food and drinks, local entertainment and children’s activities. Parking and admission are free.

For more information, visit www.highrollsfestivals.com, or call (505) 682-1151.

Flickinger events

- An Evening with Ron Grimes: 7:30 p.m., Thursday. Admission is complimentary.

- Cascada de Flores: 7:30 p.m., May 6. Tickets are \$20 for adults and \$15 for children. The show features instruments such as guitars, vocal harmonies, flute and footwork.

- Tailgate at New Mexico Museum of Space History: 8 p.m. (gates open at 6:30 p.m.) June 11. Steven Smith and Hard Road – a Bluegrass Band. Tickets go on sale May 9 and walk-ups are \$5 per person.

For more information, call 437-2202.

CAC

The commander’s access channel, cable channel 3, offers up-to-date information about current security conditions, closures on base, hours of various programs on base and community information about what programs and events are available at Holloman and in the local area.

The CAC also features the following videos today to Thursday:

- Stealth Secrets: 7 a.m., 10 a.m., 1 p.m., 4 p.m., 9 p.m.

- OSI Recruiting Video: 8 a.m., 11 a.m., 2 p.m., 5 p.m., 8 p.m.

- This is White Sands: 9 a.m., noon, 3 p.m., 7 p.m., 8:30 p.m.

National guard

Separating from the Air

Force? Become a member of Team Barnes. If you have completed your enlistment with the Air Force and do not have a Military Service Obligation you may qualify for a \$15,000 enlistment bonus in the Massachusetts Air National Guard.

To learn more about this incentive and other benefits call us at (800) 247-9151 or DSN 698-1567 or e-mail recruiting@mabarn.ang.af.mil.

Spencer Theater

The Brazilian pianist José Feghali, the 7th Van Cliburn Gold Medalist, will perform at 8 p.m., Saturday at the Spencer Theater. Tickets are \$36 and \$39.

The musical “Contact” will be performed at 8 p.m., April 19 at the Spencer Theater. Tickets are \$42 and \$46.

Don Quixote, the ballet, will be performed May 27 and 28 at the Spencer Theater. Tickets are \$20.

For more information, call the Spencer Theater at (505) 336.4800 or go on-line at www.spencertheater.com.

FSC

The FSC offers the following classes and events at the FSC, building 40:

- Financial management class: 8 to 11 a.m., Tuesday

- Sponsorship training: 9 to 10:30 a.m., Wednesday

- Smooth move: 2 to 3:30 p.m., Wednesday

- Families apart dinner: 6 to 8 p.m., Wednesday in the chapel annex

- Thrift savings plan for the military: 8 to 9 a.m., Thursday

- REDUX: 9 to 10 a.m., Thursday

- Managing stress in your life: 1:30 to 2:30 p.m., Thursday

For more information, call the FSC at 572-7754 or visit the Web site at wwwmil.holloman.af.mil/sptg/mss/fsc.

BRIEFS

Military widows

The Society of Military Widow’s New Chapter will be holding a ceremony at 1:30 p.m., April 20 in the Roadrunner room at the Community Activity Center.

Pitsenbarger Grant

Twice a year, in conjunction with the Community College of the Air Force graduating classes, the Aerospace Education Foundation awards scholarships for students pursuing an advanced degree. The Foundation provides a \$500 scholarship for every 33 CCAF graduates at each base. Scholarship application can be found by going to <http://www.aef.org/>.

If you are a graduate of the April 2005 class, get started now on filling out applications. The deadline for application submission is April 18.

For more information, call the Base Training and Education Office at 572-3971.

Common Access Cards

Military Members: If you are unable to read your social security number on the back on your common access card, it is time to get a new one. The Base Exchange and Commissary will not allow member’s to write or cash checks if the social is un-

readable or worn away. Also, your ID card must be fully legible prior to deployment or exercises. You can call to schedule an appointment with Military Personnel Flight Customer Service to have a new one issued. The new IDs are now laminated on both sides and do not wear away as the older ones did.

For more information or to schedule an appointment, call Ms. Kimberly Harvey at 572-7277.

Summer Splash

Holloman Primary Parent Teacher Advisory Council has a Summer Splash Day at the school on May 24. The event will be used to encour-

Submission guidelines

Submissions to the *Sunburst* are due by close of business Friday one week prior to the expected publication date. For consideration, submissions may be e-mailed to 49fw.pa.sunburst@holloman.af.mil or brought to building 29, suite 2800.

Submissions to the *Sunburst* must include: event title, date, time, place, a brief description of the event, the first and last names and ranks and a phone number or e-mail address for contact information.

Meeting deadlines does not guarantee that information will run. All information must be edited before being published in the *Sunburst*, and submissions run on a priority, space-available basis.

age water conservation/water events for the children.

Any organizations interested in participating should

call Ms. Karenanne Graves at 479-1520, Ms. Cleo MacDonald at 479-1226 or

Mr. Jerry Lott at 479-6122.

Crossword answers

REALM		ALA		MOATS
AZTEC		LIL		EGRET
WRONG		PAM		TRIAL
ATTU		HMO		ZEAL
	IMA		NOG	
STARES		DREAMS		
SHEKEL		ERRAND		
PARR			GREW	
ARROWS		SLOGAN		
DANIEL		SUITED		
	LAO	AMN		
TASK		RVN		DATA
CHILI		IED		SLUMP
NOLAN		NRA		ESTEE
OUSTS		GAL		YOUNG

Answers from page 5

2005 Cooler Conversion

Annual cooler conversion from heaters to evaporative coolers will begin April 15 and will be completed by April 30.

Someone over the age of 18 must be at the quarters at the time of the conversion. If no one is at the quarters on the day you are scheduled for the conversion, you will have to call and reschedule on a first come first serve basis after April 25.

For questions regarding the conversion schedule, contact the Housing Service Call Desk at 572-7901.

The conversion schedule is as follows:

DAY	DATE	QUARTERS NUMBER
Friday	April 15	2210A-2227D, 2400-2415B
Monday	April 18	2228A-2249B, 2416A-2441
Tuesday	April 19	2250A-2269A, 2442-2486B
Wednesday	April 20	2269B-2299B, 2487-2489B
Thursday	April 21	2300A-2308A, 2501A-2540
Friday	April 22	2308B-2354A, 2541A-2589
Monday	April 25	2354B-2393B, 2585A-2599
Tuesday	April 26	Rescheduled appointments
Wednesday	April 27	Rescheduled appointments
Thursday	April 28	Rescheduled appointments
Friday	April 29	Rescheduled appointments

Cool running: Tips for success

by Charlotte Engeman
49th Medical Group

It's been about 15 months now since the Air Force implemented the mandatory run program. I thought it might be a good idea to go over a few basic factors that will help you achieve two simple goals that most of us share: our desire to maximize our running efforts and increase speed as well as minimizing injuries.

Everyone wants to get faster and improve on their one and a half mile PT test time. How do you achieve this without injuries? Keep in mind the general rule of thumb for increasing your mileage is no more than a 10 percent increase in distance per week. I know that doesn't seem like much and no, I didn't forget to include an extra zero in there! A 10 per-

cent increase per week in your mileage is the best way to ensure you avoid those irritating injuries that the medical profession refers to as "overuse injuries." Shin splints, lower extremity stress fractures, vague ankle, knee, hip, or low back pain are all examples of overuse type injuries. These injuries typically start out as mild irritants, but worsen over time until you can no longer continue with your running program. If you follow the plan below you will have a good chance of avoiding those overuse injuries as well as improving your running speed.

Here's the plan: increase your weekly mileage by 10 percent a week for three weeks and during the fourth week cut the mileage by 50 percent to allow for recovery then repeat this cycle until

you achieve your goal distance.

Strength training and flexibility are two other factors that help to achieve our goals of injury avoidance and faster run times! There has been significant controversy over the past few years on the pros and cons of stretching. The important factor is *when* you stretch. Stretching just prior to an aerobic event most likely does very little for you. On the other hand, if you stretch properly after a cool down following an aerobic activity it may help, over time, to increase power, force and running speed.

There is *no* controversy as to the benefits of strength training...it's definitely good for you!

Strength training is very important for prevention of injuries as well as making you a better, more efficient runner.

I'm not talking about spending hours in the gym turning into a muscle man or woman, but instead, 20 minutes twice a week of core strengthening (core refers to the large muscle groups surrounding your mid section) which can be achieved with a balance ball and dumbbells in your home.

The final factor is shoe wear. Your shoes are the only real gear you need for running and it's important to have shoes that are specific to your foot type. Research has shown that when runners have a two minute analysis of the way they run, and then purchase a pair of shoes based on this analysis, they have less risk of overuse type injuries.

The Health and Wellness Center plans to implement a running shoe analysis program. It will take only 10 minutes of your time and I think the information you

gain will be well worth it! We'll tell you right there which type of shoe to purchase in the future (cushioned, stability or motion control).

The clinic will be held from 1 p.m. to 3 p.m., Wednesdays at the HAWC. Please bring your current running shoes and a pair of shorts. Don't forget that running shoes only give you good cushioning for 300 miles or six months, whichever comes first – than it's time to purchase a new pair. Maybe we can offer a reward for the oldest, scariest pair of running shoes that we successfully retire!! Hope to see you at the HAWC.

Charlotte Engeman is a volunteer at the HAWC as well as a Physician Assistant. She has a Master of Public Health in Wellness and Disease Prevention and is an avid Ironman triathlete.



The Sports Bar
 


Volleyball Standings

Large Unit

Team	Win	Loss
GAF	18	2
49 MMG	13	7
49 MXS	10	10
49 MDG	9	11
49 CES	5	15
49 LRS	2	18

(Current as of March 31)

Small Unit

Team	Win	Loss
49 CS	16	4
49 OSS	15	5
49 MSS	14	6
49 MOS/4	9	11
SPCS	5	15
49 SVS	5	15
46 TG	1	19

(Current as of March 31)

Senior Olympics

The Local Senior Olympic games competition will be held April 21 to 27. Registration will be until April 14 at the Alamo Senior Center, 2201 Puerto Rico Ave., Alamogordo. Anyone age 50 (as of Aug. 3, 2005) or older is eligible to compete. There are 25 different sport categories, and many events within each category. An athlete must qualify locally in order to attend the New Mexico State Games in Albuquerque Aug. 3 to 7.

For more information, call the Alamo Senior Olympic Coordinator at 439-4150.

Adult Baseball

The Alamogordo Adult Baseball Association League's summer season be-

gins June 11. Registration is going on now through April 30. They are also looking for people to assist in running the league. This is an 18 and over open league. They play at the Griggs Sports Complex on the corners of Fairgrounds and Florida Avenue. There will be a meeting at 1 p.m., April 16 at Griggs Sports Complex to answer questions and register people for the league.

For more information, call Mr. Nathan Knox at 439-5669.

Softball tryout

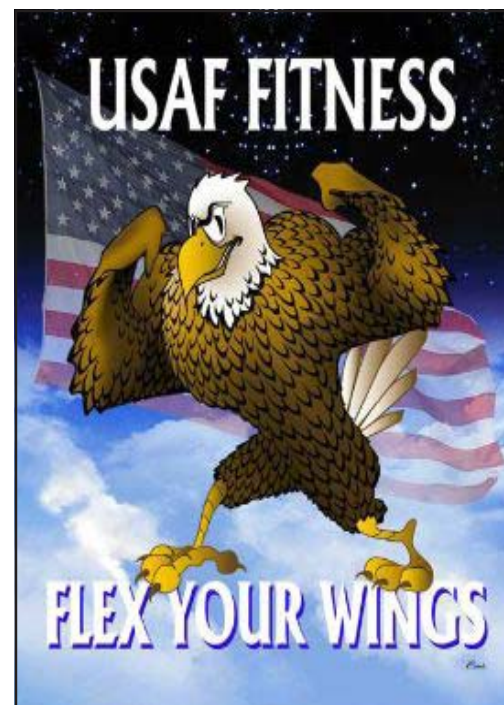
Men's Varsity Softball Tryout will be held from 5:30 to 7:30 p.m., April 11 through 15 at Vandenburg Softball.

All active duty, reservists assigned to base units, DoD

civilians and foreign nationals are eligible for tryouts.

Coaching position

The Fitness and Sports Center is seeking applications for coaching the Women's Varsity Softball team. Please call Bradley George at 572-2533 or email him at bradley.george@holloman.af.mil.



(Information provided by the Fitness and Sports Center. For more information on gym activities call 572-3229)

